



# DIET FOR SKINNY GUYS

8 weeks Bulk-up diet for Skinny guys / Add Muscle Mass with this Nutrition Plan

GURU MANN FITNESS INC.

| MEALS                | INGREDIENTS  | PROTEIN            | CARBS              | FAT               |
|----------------------|--|--------------------|--------------------|-------------------|
| MEAL 1<br>BREAKFAST  | 8 Egg Whites<br>2 Whole Eggs<br>1 cup Oats   | 25<br>12<br>10     | 0<br>2<br>55       | 0<br>10<br>5      |
| MEAL 2<br>SNACK      | 1-2 Scoop Whey<br>1 Banana<br>25 Almonds   | 24-48<br>1<br>6    | 6<br>30<br>6       | 2<br>0<br>14      |
| MEAL 3<br>LUNCH      | 120g Chicken<br>200g Baked Potato<br>Mixed Salad(cucumber/lettuce)                               | 30<br>4<br>4       | 0<br>40<br>21      | 10<br>0<br>1      |
| MEAL 4<br>SNACK      | <b>Milk Shake</b><br>250ml Milk<br>1 Banana<br>2sp Peanut Butter<br>2/3 Scoop Whey               | 12<br>1<br>7<br>18 | 13<br>30<br>7<br>1 | 6<br>0<br>14<br>0 |
| MEAL 5<br>DINNER     | 5 Egg Whites or 120g Fish or<br>100g Paneer Bhurji<br>2 cup Rice<br>Indian Salad (no Salt)       | 20-30<br>8<br>3    | 0<br>88<br>18      | 8-12<br>2<br>0    |
| MEAL 6<br>BEFORE BED | 100g Fresh Paneer<br>2 slice Bread<br>2sp Peanu Butter<br><b>Make a Sandwich or eat separate</b> | 15-20<br>6<br>14   | 0<br>30<br>14      | 8-12<br>2<br>14   |
| <b>TOTAL</b>         | <b>Calories 3220 apx</b>   | <b>230- 259g</b>   | <b>350 - 361g</b>  | <b>82-100</b>     |

## IMPORTANT TIPS:

- Eat meal in every 2 to 2.5 hours
- Drink 3-4 liters of water
- Sleep 8 hours
- Train 4-5 days a week
- Have Pizza or Indian Prantha once a week or once in 2 weeks.
- Avoid having junk food, packed drinks that will make you bloated.
- Eat home made food if possible.

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# WORKOUT FOR SKINNY

|                  |                            |
|------------------|----------------------------|
| <b>MONDAY</b>    | CHEST & TRICEPS            |
| <b>TUESDAY</b>   | QUADS, HAMSTRINGS & CLAVES |
| <b>WEDNESDAY</b> | REST                       |
| <b>THURSDAY</b>  | BACK & BICEPS              |
| <b>FRIDAY</b>    | SHOULDERS & TRAPS          |
| <b>SATURDAY</b>  | CARDIO & ABS               |
| <b>SUNDAY</b>    | REST                       |

|          | <b>CHEST &amp; TRICEPS</b> |              |
|----------|----------------------------|--------------|
|          | Warm-up                    | 2 x 25reps   |
| <b>1</b> | Barbell Incline Press      | 3 x 6-8 Reps |
| <b>2</b> | DB Fly                     | 3 x 6-8 Reps |
| <b>3</b> | Barbell Decline Press      | 3 x 6-8 Reps |
| <b>4</b> | Close Grip Barbell Press   | 3 x 6-8 Reps |
| <b>5</b> | DB Overhead Ext.           | 3 x 6-8 Reps |
| <b>6</b> | Triceps Press Down         | 3 x 6-8 Reps |

|          | <b>QUADS, HAMS &amp; CALVES</b>             |              |
|----------|---|--------------|
|          | Warm-up                                     | 2 x 25reps   |
| <b>1</b> | Barbell Squat                               | 3 x 6-8 Reps |
| <b>2</b> | Smith Laying Leg press or Leg Press         | 3 x 6-8 Reps |
| <b>3</b> | Barbell Deadlift                            | 3 x 6-8 Reps |
| <b>4</b> | Gluteus Kickback or Barbell Gluteus Bridges | 3 x 6-8 Reps |
| <b>5</b> | Seated Calf Raise                           | 3 x 6-8 Reps |

|          | <b>BACK &amp; BICEPS</b> |              |
|----------|--------------------------|--------------|
|          | Warm-up                  | 2 x 25reps   |
| <b>1</b> | Wide Grip Lat Pull-down  | 3 x 6-8 Reps |

|   |                                      |              |
|---|--------------------------------------|--------------|
| 2 | DB Row or Barbell Rows               | 3 x 6-8 Reps |
| 3 | Rope Rows                            | 3 x 6-8 Reps |
| 4 | Barbell Hyper Ext.                   | 3 x 6-8 Reps |
| 5 | Olympic Barbell Curl or Barbell Curl | 3 x 6-8 Reps |
| 6 | Reverse Bar Preacher Curl            | 3 x 6-8 Reps |
| 7 | Single Hand DD Side Curl (inward)    | 3 x 6-8 Reps |

| SHOULDERS & TRAPS |   |              |
|-------------------|---|--------------|
|                   | Warm-up                                   | 2 x 25reps   |
| 1                 | Shoulder Machine presses or Barbell Press | 3 x 6-8 Reps |
| 2                 | Machine Side Raise or DB Side Raise       | 3 x 6-8 Reps |
| 3                 | DB Front Raise (Neutral Grip)             | 3 x 6-8 Reps |
| 4                 | DB Rear Delt Fly                          | 3 x 6-8 Reps |
| 5                 | Barbell Shrugs                            | 3 x 6-8 Reps |

| CARDIO & ABS  |                                  |             |
|---------------|----------------------------------|-------------|
| 1             | Incline Crunches                 | 3 x 15 Reps |
| 2             | Reverse Crunch                   | 3 x 15 Reps |
| 3             | V-Crunches                       | 3 x 15 Reps |
| 4             | Side Planks (Rotational Reach)   | 3 x 15 Reps |
| 5             | Seated Side Twist (With Barbell) | 3 x 15 Reps |
| <b>CARDIO</b> | 20mins Cycling or Incline Walk   | Level 10-12 |

**POINT TO BE NOTED:**

- 5 minutes Warm-up before training.
- 3-4 Sets per exercise.
- 6-8 reps per set.
- 2-3 Minutes Rest after each set.
- No Super Set.
- Drink 750ml Water through the Workout

